

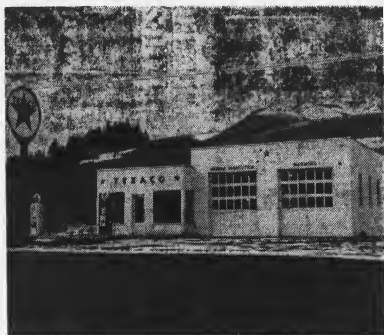
NO CLAIM BONUS
Car Insurance
Reliable
Low Cost
R. R. Pattinson
COLEMAN, ALTA.

The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

Volume 24, No. 47 The Journal, Coleman, Alberta Wednesday, Sept. 22 single copy 7c

Remington
Portable
Typewriters



Bill Fraser and John Kovacik have announced that they have taken over the Texaco Service Station on No. 3 highway and will operate under the name of Little Chief Service.

In addition to gas and oil sales, lubrication and tire repairs the new management will offer qualified repair service to all makes of cars, open from 7 a.m. daily.

Bill, mine manager at International for a number of years is a well known curler and coach and player with the Coleman Grands. Johnny is also a local man. A graduate of Calgary Tech and worked as mechanic at Sentinel Motors Coleman Motors and Crows Nest Pass Motors for 10 year

770 Pints Blood Collected In Pass During Year

The donating of 294 pints of blood at the clinic held September 7, brought to 770 the number of pints contributed this year. A. W. Haley, clinic organizer, stated that the Red Cross are well pleased with the results. Donations by towns were as follows:

Blairmore	122
Coleman	89
Belleve	50
Hillcrest	13
Frank	8
Burnis	5
Sentinel	2
Others	6

Marie Berze, Mrs. Agnes Balow, Matron Clemis and Mary Kubie served as registrars at the clinic.

Fish and Game To Hold Meeting

A meeting has been called for the purpose of organizing a "Fish and Game Club" in Coleman.

Date of the meeting has been set for Friday September 24th at 7:30 p.m. in the Grand Union Hotel.

Scholarships Presented To Ten Top Students In High School

Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not . . . Technical Education.

A group of young people with the ability of being able to put first things first and concentrate on their desires and aims assembled on the stage of the High School Auditorium Thursday afternoon to receive some small payment for their determination and hard work. Sitting facing a crowded auditorium, these students of Coleman Junior High and Coleman High School awaited the scholarships that they had been awarded for their high academic standing.

Proud parents, brothers and sisters helped to swell attendance, but none were prouder than Principle Horace Allen as he conducted the ceremonies. In his opening remarks, Mr. Allen told the winners and their classmates that society is willing to do its share providing you are willing to do yours. Canada today is becoming more conscious of school awards, scholarships and loans and that if students really want to set ahead society will help.

In announcing the winners of the Elks scholarship for the top boy and girl student in grade 9, Mr. Allen outlined that all but one student out of 40 in this grade passed, four with honor standing. Gail Vincent and Donald Woods were announced as the winners with Patsy Kilgannon and Milan Varskovy very close behind. Gail, he said, possessed a pleasing personality with a reserved nature, the type of person they like to have around the school. Donald is active in school affairs and popular with his classmates.

Henry Zak presented the awards on behalf of the Elks Lodge, both students thanking the donor, the teachers, parents and classmates for the training and inspiration received.

Turning to the grade ten winners, Mr. Allen acknowledged that these presentations were like Christmas, and like the wishing of Merry Christmas his remarks were along the same line each year, and every year, however, just as is the case in wishing the best for the Christmas season, his remarks are as sincere each time they are stated.

In grade 10 the school board were forced to increase their award to include two third place winners this year. Wm. (Sonny) Truch, last year's Governor General Award winner, placed first, Gerald Ryznar, second and Jo-Ann Montabetti and Kent Foster tied for third. D. Holly of the school board made the presentation. Runners up in this class were Virginia Peknik and Peter Makowichuk.

Introducing the winners, Mr. Allen elaborated on Sonny's achievements of last season and the character of the other winners. Calling on Jerry Ryznar he stated that the name was not a strange one to events such as this and was glad to see that Jerry was following in his brother's footsteps, a good scholar,

and athlete, a valuable member of the school. Kent, he stated was a versatile student, an army cadet that was chosen for the Duke of Edinburghs honor guard, a boy active in dramatics and school affairs. Jo-Ann needed no introduction, being known for her no mean drama ability, and her high musical standing. Jo-Ann, he asserted had shown scholarship material for some time, in the past.

This week Kent received a cheque for \$25 from Blairmore Legion in recognition of his work in the Cadet Corps and being selected for the Duke of Edinburghs honor guard.

Ray Spillers presented the Lions Club grade 11 awards. Mr. Allen calling upon Helen Makowichuk, Roseann Pylarz and Elizabeth Petusk to accept the prizes. Delina Cell and Irene Hatalchuk were announced as runners up.

Helen has served as the efficient secretary of Jr. High and the High School as well as showing high academic standing. She was awarded the scholarship in grades 9, 10 and 11. Roseann is active in all school affairs and although this was her first scholarship, she was close to winning at different times. Like Roseann, Elizabeth was active in school work and had been knocking on the door in the past, winning her first award this year.

Patsy Kilgannon accepted the C.N.P. Nurses award for her sister June who is already in training, taking the award from Mrs. A. Ryan, president of the association. June is another three time winner, taking scholarships in grades 9 and 10.

In announcing Adam Kryczka as winner of the O.O.R.P. grade 12 award, Mr. Allen explained that of the 31 students in this grade, six have entered nursing, three gone on to University, two in Mount Royal College and five taking the second year in Coleman.

Council Meeting

Coleman Council dispensed with considerable routine business and heard two citizens in the last sitting of the group. First business to be dispensed with was the decision to pay the balance on both the Hospital and School requisitions amounting to the sum of \$20,000.

The problem of the fire department came up once more with information that no one had been secured to live in the quarters and be available for incoming calls. The matter of the brigade losing members was also discussed with the decision made that the Police and Fire Committee should meet with the fire chief and straighten out the matter.

Henry Zak Jr. waited on council stating that he plans converting the house back of his store into a sausage and smoking room. He stated that this would be fire-proof and comply with all regulations of the fire area. Council instructed Mr. Zak to obtain his permit and submit the facts for consideration.

During the closing minutes of the meeting council heard the complaint of a lady from Bush Town who asserted that nine months ago she had been intimidated and roughly handled by the Chief of Police. In an effort to determine all the facts and air the complaint in a fair manner the members of the council asked a number of questions that they hoped might clarify some incoherent statements. When they were unable to determine the reason for the lapse of nine months from the time of the alleged attack and the laying of protest, and due to the fact that the chief was out of town on holidays and unable to reply to the accusation, council referred the matter to the police committee to investigate.

Nine received their senior matriculation. Adam, last year's grade eleven winner set the pace for this year's class with a commendable 76 standing in all subjects. Mrs. C. Ford made the presentation.

Photos Delayed

Plates were ordered for each of the ten scholarship winners but failed to arrive here by press time. The Journal delayed publishing by half a day hoping cuts would arrive, however further delay was impossible and cuts will appear next week.

MINES MINISTER WILL VISIT PASS; ATTEND BLAIRMORE MEETING

The Hon. George Prudham, Federal Minister of Mines and Technical Surveys, will address the Blairmore Board of Trade supper meeting on Tuesday, September 28.

Also present at the meeting will be W. E. Uren, chairman of the Dominion Coal Board, and Mr. Whittaker, managing director of the Coal Operators Association of Western Canada.

Increased activity in the use of coal for generating electrical energy has been felt and although it is not known if these men will discuss this subject or not, it is noticeable that Mr. Uren's special assistant attended a recent meeting in Winnipeg when this subject was discussed.

Poor Attendance At Films For Blind

Residents of The Pass were conspicuous by their absence at the showing of films by the Canadian National Institute for the Blind. With the exception of school showings and a fairly well attended meeting at Blairmore, the trip here might just as well have been written off as a waste of time. In a Bellevue showing two people attended, these being the parents of an eleven year boy who is at the present time in a hospital in Lethbridge for surgical treatment to his eyes supplied by the C.N.I.B. The Coleman showing held in the Union Hall witnessed the large turnout of 14 people whereas the showing in the Elks Hall at Blairmore saw 50 in attendance. Approximately 75 students of West Coleman school and 100 in the Coleman Central School watched the films.

These films were presented to the public through the sponsorship of The Order of the Royal Purple of Coleman and the I.O.D.E. of Blairmore. Mr. Rev. Hewett, executive officer and Mr. D. Parker of the C.N.I.B. of Southern Alberta, were in attendance at the showing. Mrs. C. Ford, of Coleman is the local member on the Board of Directors of the C.N.I.B. and reports that during the past nine months she has obtained the aid of the C.N.I.B. for at least six persons of The Pass. Mr. R. Spillers introduced Mrs. Ford and Mr. Hewett expressing to the students how fortunate they were to be able to see these films showing how the C.N.I.B. of Calgary operates and the work that the blind people do and how blind people are assisted to rehabilitate themselves to our every day way of life.

Fast Service For Pictures

Faced with a deadline for plates and no photo available of scholarship winner D. Woods, the Journal came close to having to omit this one cut.

However with the co-operation of Evan Gushul the deadline was met. Evan used his Polaroid Land camera, snapping the picture and turning it over in one minute flat, in order that it could catch the mail.

Coleman, Lethbridge Tennis Clubs Meet Inter-Club Comp.

On Sunday, September 12, the Coleman Tennis Club played hosts to the Lethbridge Tennis Club, when the Lethbridge group travelled to Coleman for a day of inter-club play. After arriving early Sunday afternoon, the Lethbridge visitors very busily participated in many tennis matches with the Coleman players. The weather, which threatened at times, did not seem to stop or even hinder the members of either club. About mid-afternoon a lunch was served in the Coleman Curling Arena. After lunch, Frank Oliva, president of the local club, thanked the Lethbridge group for paying the visit to Coleman, and pointed out that the Coleman Club would like to have more inter-club matches next season, since competition of that nature would stimulate more tennis interest in both clubs. The idea of forming a tennis league in which regular tennis competition could be held was brought forth. In reply, Mr. E. Thompson, president of the Lethbridge Club, stated that the Lethbridge group were certainly

The meeting, held in Turtle Mountain Playgrounds, Tuesday at 7 p.m. is open to the public at \$1.00 per ticket. Tickets may be obtained from Mr. Leslie Owen, Secretary of the Coleman Board of Trade or at the Coleman Board of Trade Meeting Thursday, Sept. 23 in the Grand Union Hotel.

TALK COAL USE FOR ELECTRICITY

WINNIPEG (CP) — Possibilities of the generation of electricity from Canadian coal and the impact of such development on the country's coal industry were among the highlights at the opening of the sixth annual Dominion-Provincial Coal Research Conference. The coal research conference is preliminary to the three-day Conference of Provincial Ministers of Mines.

At the opening session, C. L. O'Brien of Ottawa, special assistant to Mr. Uren, and C. E. Baltzer of Ottawa, an engineer in the Federal Department of Mines, made general reviews of thermal power from Canadian coal.

Prof. D. L. Mordell, professor of mechanical engineering at McGill University, Montreal, spoke on coal burning gas turbines. His report dealt with experiments and the prospects for thermal power and locomotive application.

R. R. Keith gave a paper on power from Saskatchewan lignite and J. C. McGregor reported on power from British Columbia and Alberta coals.

\$6,500,000 POWER PLANT WILL AID COAL MINERS

A 300,000-ton-a-year shot in the arm for the ailing Alberta coal industry was contained today in the announcement of a power development program costing more than \$6,500,000 by F. A. Brownlie of Calgary, president of Canadian Utilities Ltd.

The scheme includes the building of a \$5,000,000 steam power plant on the Battle River, 111 miles southeast of Edmonton, and the expenditure of \$1,500,000 on two transmission lines; one from Forestburg to Vermilion and the other from Forestburg to Halkirk. Preliminary work on the power site has started and general construction is scheduled to start in the spring. The plant is expected to be completed late in 1956.

In announcing the new program, Mr. Brownlie said it was because of the "expansion and progress taking place in Alberta today." It was also "an expression of faith in the future of private enterprise."

Initial construction will consist of an earth-filled dam, the plant building and the installation of a generating unit capable of 40,000 horsepower output.

Provision will be made for the addition of two more units of the same capacity as the original, giving a final maximum output of 120,000 horsepower. The additional generators will be installed individually as required for increased production.

Mr. Brownlie said the new project did not mean the shutting down of any of the company's existing plants. These would continue to operate with Forestburg providing the additional power required for Alberta's ever-expanding economy.

Coal to be used in the plant would be provided by two local coal producers, he said. These were Forestburg Collieries and the Battle River Coal Company.

It was expected that when the plant opened early in 1957, coal consumption would run about 100,000 tons a year. This would increase to 200,000 tons when the second unit was installed, and 300,000 tons when the third and final unit came in operation.

Building of the dam, he said, would cause the formation of a large extremely pretty lake, a half-mile wide and 10 miles long. This would contain several wooded islands and the water, which would be used to condense exhaust steam from the turbines, would be quite warm for bathing and would be stocked with game fish.

It was expected that the area would make an exceptionally fine park or summer resort.

sets, 6-1, 6-0.

Competing for the Fireman Trophy in the Men's Singles Jr. final were Sam Oliva and Richard Chernecky. After three lengthy and well fought sets, Oliva emerged victorious over Chernecky by scores of 6-3, 4-6, 6-1.

In the Men's Doubles event, Brian Park and Dave Peragatti teamed up to score an upset victory over Graham Atkinson and Russ Montabetti 6-3, 6-2. In view of their win, Park and Peragatti received the Holyk Trophy.

Mrs. Joy Kwanis won over Mrs. S. Hilder of Blairmore, 6-4, 6-0, in the Ladies' Singles Sr. event, to win the Chalmers Trophy.

Miss Jo-Ann Montabetti defeated Miss Irene Hatalchuk 3-6, 6-1, 6-0 in the Ladies' Singles Jr. event. In view of her win, Jo-Ann received the Montabetti Trophy.

Total membership in the club this year was forty, and club officials are hoping to at least double that number next year. In the final event of the season, club officials are now making arrangements for a banquet at which all the trophies will be presented.

KETCHUP Libbys 2 bottles - 49
TOMATO JUICE Libbys 3 tins - 55
SOUP Campbell's Tomato 4 tins - 55
PICKLES Libbys Sweet Mixed - 49
YEAST CAKES 4 packets - 19

LARD
Swifts
lb. 19

DATES pitted 2 pound packet - 49
RAISINS Australian 2 pounds - 49
ICING SUGAR 2 pounds - 27
BROWN SUGAR 2 pounds - 27

MILK
Your choice
6 tins - 98

ROLLED OATS Quaker Non premium pkt - 39
CREAM OF WHEAT. Regular or 5 minute pkt. - 35
PUFFED RICE Quaker 2 packets - 43
SHREDDED WHEAT 2 packets - 37
CORN FLAKES Kellogg's 2 pkts - 39
PUFFED WHEAT Quaker 2 packets - 33

Light Bulbs
15 watt 25 watt
40 watt 60 watt
each 19

SALMON
Red Sockeye
1/2 tin
46

DOMOLCO MOLASSES 2 pound tin - 49
SYRUP Rogers 5 pound tin - 79
POWDERED MILK Sweet pound tin 29

BUTTER first grade lb. 62

ROBIN HOOD
Chocolate or
White
CAKE MIX
packet
29

COFFEE
FORT GARRY
lb. 1.19

MUSHROOMS
Moneys tin - **35**

Empress 4lb 79
Plum Jam

GRAHAM WAFERS 35
I.B.C. per packet

Fresh Choc. Puffs lb. 46
10'0ft Garry Tea Bags 109

COCOA Frys pound - 89

SWIFT'S QUALITY PRODUCTS

PREM 2 for 95
JEWEL SHORTENING lb. 31

PARD DOG FOOD 2 for 29

SWIFT'S CLEANSER 2 for 35

SWIFT'NING pound 37

JELLO
your choice
6 pkts 59

Lux Toilet Soap
Regular size
3 bars 25

Tide, Oxydol
Rinso
giant size 83

Dog Food
Thrifty
2 tins 19

SEALERS
Gem Pints doz 1.69
Gem Qts doz 1.89

PEACHES Bulmans 3 tins 69
RASPBERRIES Calirose 33
PLUMS Pride of Okan 2 tin 37
FRUIT SALAD Taste Tells 33
BLUEBERRIES tin 33
APPLE PIE FILL. Stafford 29

MAZOLA OIL
gallon
2.95

Brooms Duchess heavy 1.98
SHINOLA WAX tin 45
MATCHES Red Bird carton 33
SUNLIGHT SOAP 3 bars 38
AEROWAX quart tin - 79
PUREX TOILET TIS. 3 for 30
KLEENEX 2 pkts - 39

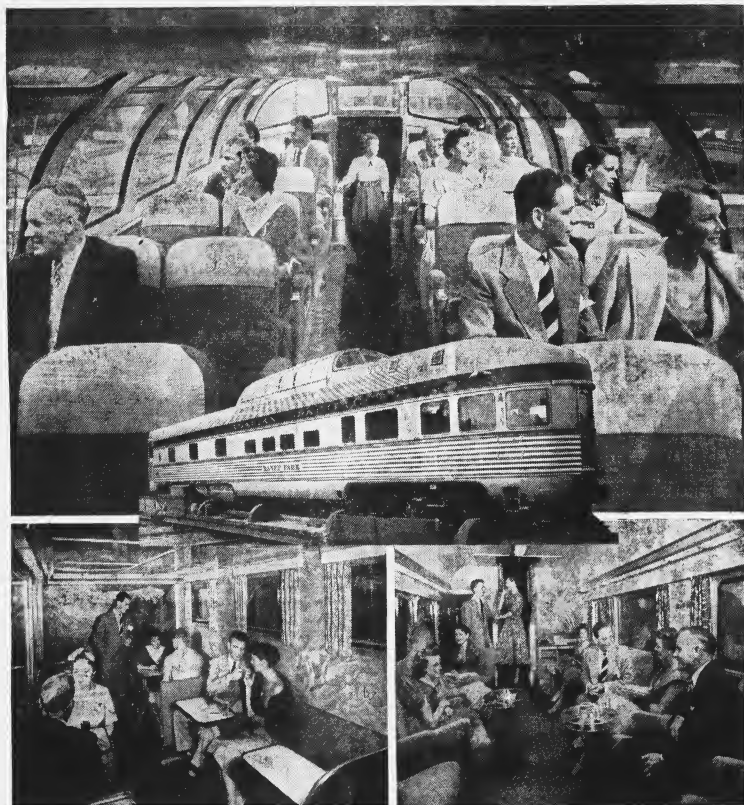
FLOUR
your choice
98 pound bag 5.69

Glace Cherrie
RED
1/2 pound pkt
33

HOLYK'S
Free Delivery at Both Stores
DIAL Main Store, 3634 DIAL East End 3803

BLEACH
JAVEX
32 oz bottle **21**

MARGARENE
Solo
2 pounds **69**



—Canadian Pacific Railway Photos
A SERIES OF VIEWS of the Canadian Pacific Railway's new scenic dome lounge cars which will form part of the 15 new streamlined stainless steel trains now on order to replace existing equipment on the transcontinental runs between Montreal

and Toronto and Vancouver, is shown above. Eighteen cars of this type, now being displayed in a transcontinental tour of Canada, are included in the C.P.R.'s \$40,000,000 order for 173 new cars, which will be put into service on existing trains as they

are received from the builders, the Budd Company of Philadelphia during the next year. The first of the new scenic dome cars is shown in the center above, while top photo gives an idea of how Canada's exhilarating scenery will be viewed by Canadian Pacific's travellers of

the future. Bottom left is a photo of the car's exciting mural lounge, with mural decoration an original oil painting executed by a leading Canadian artist in background. Bottom right is scene in car's lounge, showing curving stairway up to

Shopping Hints

Choose enriched white or whole wheat, with butter or margarine.

MEAT — Or protein food like fish, eggs, poultry, cheese or peanut butter.

FRUIT OR VEGETABLES — Raw or cooked.

Take one or more foods from each group, put them together in any variety of ways, and your child can look forward to a tasty, well balanced lunch every day.

Sandwiches That Satisfy

Most lunch box meals are planned around sandwiches — and rightly so! What easier way to carry the meat, fish, eggs, poultry, cheese or peanut butter necessary in a Grade A lunch than between nutritious slices of enriched white or whole wheat bread. For your lunchers you'll want sandwiches that satisfy, to satisfy growing appetites as well as health needs. Let your baker help by providing a variety of ready sliced sandwich loaf. He'll let you choose from uncrumbed white, whole wheat, cracked wheat, brown, rye or raisin. Fill the carefully buttered or margined slices with hearty tasty, fillings and your lunch box meal is well on its way.

Fillings that Fill the Bill:

Hawaiian Ham Special
For 6 full slice sandwiches combine:

1 cup ground cooked ham
1/2 cup drained crushed pineapple
1 tablespoon brown sugar
1/2 teaspoon ground cloves

Spread generously on slices of whole wheat bread for a real Hawaiian hit!

Very Vegetarian

For 4 full slice sandwiches combine:

1/4 cup grated raw carrot
1/4 cup finely chopped celery
1/4 cup grated cabbage
1/2 teaspoon salt
2 teaspoons chili sauce
2 teaspoons salad dressing.

Toss together lightly and pile between well buttered or margined slices of enriched white bread — a sure cure for those vitamin blues!

O'Hara's Meal-in-One

For 6 full slice sandwiches combine:

1 cup chopped cooked corned beef
1/4 cup chopped onion
1/4 cup chopped dill pickle
1/4 cup tomato juice

Savory rye bread slices are the perfect "wrap around" for this new taste treat.

Cheese Carrousel

For 4 full slice sandwiches combine:

1 1/2 cups shredded Canadian Cheddar Cheese
1/4 cup chopped salted peanuts
2 teaspoons finely chopped onion
1/4 cup salad dressing

Spread on slices of sweet raisin bread for fine festive fare!

Choose enriched white wiener rolls or hamburger buns occasionally to hold your lunch-time sandwich fillings. Buy sliced bread, in any variety, for convenient handling and standard size sandwiches.

Cardboard salt and pepper shakers with non-spill plastic tops, each with two teaspoons capacity, are now available in packs of six — a welcome addition to any lunch box.

Plan lunch box menus in advance, just as you do other meals. Avoid the monotony of repetition and assure good nutrition for your child every day by varying the bread and rolls, and the sandwich fillings. Shop with your menus in hand for economical and sensible buying.

Check staple lunch box supplies before each shopping trip. Supplies of waxed paper, sandwich bags, paper napkins, seasonings and condiments may run out when you need them most.

"Making Notes"

Pair the two slices of bread that lie next to each other in the loaf so that sandwiches will have even edges and be easier to cut and wrap.

Leave the crusts on the bread for lunch box sandwiches to save food value and make sandwiches easier to handle.

Your sandwich loaf will slice more easily and more smoothly if you use a sharp knife and a fresh loaf of bread, thoroughly chilled in the refrigerator.

You'll save time in sandwich preparation by lining up bread slices in pairs on your working surface and spreading all slices at one time with soft butter or margarine, and then filling. The butter or margarine prevents loss of moisture from fillings and should be spread carefully to edge of each slice.

Most kinds of sandwiches can be made well ahead of time, carefully wrapped and frozen in your home freezer or the freezing compartment of your refrigerator. When it's time to pack the daily lunch box transfer the frozen sandwiches into the lunch box and they'll just be nicely thawed and appetizing by noon.

Packing Points

When packing the daily lunch box, wrap like sandwiches together to prevent mingling of flavours. Lettuce and other fresh vegetables should not be included in the sandwiches, but, wrapped separately to ensure crispness and freshness.

An attractive paper place mat and paper napkin packed just under the cover of the lunch box will make lunchtime eating more pleasant and home-like.

Pack heavy items on the bottom of the lunch box to prevent crushing and make handling easier.

The Lunch Pail Gang Are Off To School Again

It's back-to-school time again for thousands of happy, carefree youngsters. And it's back to a familiar schoolday routine for many mothers too. Mothers of children who carry lunch boxes to school are silently planning their schedules to include this important task. Some are dreading their duties, and anxious to simplify them. Others look forward to having school-age children out from under their feet. Let's look forward too. For mother, there are suggestions, shortcuts and time-savers. For her children there are

lunches good to look at, good to eat and good for health. Good Nutrition Under Cover

What kind of nutrition goes under cover of your child's lunch box?

Many mothers forget the real reason for packing that gaily painted box each morning. They forget that good marks in the classroom, good scores on the play field, and good health all day long, depend on foods that supply good nutrition three times a day, every day.

Don't take your child's lunch for granted. Every noon lunch is a meal, not a mid-day snack between breakfast and supper. And every noon lunch should provide one third of your child's daily food needs, whether it's eaten off plate or out from under the cover of a lunch pail. The planning is easy. The pattern is simple. Just four groups of foods to remember for a Grade A lunch:

MILK—To drink or eat (pud-

Personalities IN THE NEWS

Mr. and Mrs. S. Sagoff, C. Freeman and Stanley Saloff left this week for Vancouver. Stanley returned to U.B.C.

The W.M.S. and W.A. will hold a combined rally on Wednesday, Sept. 22 at 2 p.m. in the Blair-

more United Church, featuring special speakers. Tea will be served. All ladies of the congregation are invited to attend.

Born to Mr. and Mrs. Russell Montalbetti of Coleman on September 12, a daughter.

Despite chilly weather at the week-end quite a number of picnickers were seen in the Kanapuskis area.

Miss Norma Toppino of Calgary visited with her father here.

The son of Mr. and Mrs. Mike Dardevic was christened George. The son of Mr. and Mrs. Nick Polski was christened Roman Andrew.

Born to Mr. and Mrs. R. Garret

of Coleman on September 7, a son.

Two cars collided on the bridge by the sawmill Sunday. It was reported that some damage was done to both cars and one passenger slightly injured.

Tony Coccoloni and Mr. and Mrs. Chris Rogers holidayed in Calgary and points in the U.S.A.

Jo Jo Zak of Calgary visited with his wife and family here.

Mrs. K. Johnston spent the weekend at Calgary, the guest of her son-in-law and daughter Mr. and Mrs. Frank Gimmel.

Mrs. J. Park is a patient in the C.N.P. hospital.

Bob Park of New Dayton visited his parents here.

Miss Joan Bayon has returned from Calgary having undergone an operation on her foot.

Mr. and Mrs. J. Owen were Lethbridge visitors this week.

Mr. and Mrs. J. Allan Jr. were Lethbridge visitors.

Mrs. Nora Goulding has been appointed District Deputy Honored Royal Lady, of O.O.R.P. Coleman coving the district including Coleman, Blairmore, Fort Macleod and Granum.

The Catholic Club will hold a Bingo in the Catholic Hall on Friday, Oct. 8th.

Miss Georginia and Michael Zinook left Friday to resume their studies at Montreal.

Mr. and Mrs. L. Richards Sr. are patient in C.N.P. hospital.

Reno Angelo Bosetti and Anne Phillips Rose Watson were united in marriage in a ceremony at St. Luke's Anglican Church, Monday night.

Richard Guerard returned this week from attending University at Minneapolis.

Mr. and Mrs. Vance Hulbert and family of Sparwood were the week-end guests of Mr. and Mrs. Norman Hamner.

Adam and Joe Kryczka left this week to attend the University of Alberta.

Len's Garage and Jimmie's Coffee Shop have been brightened with a fresh coat of paint.

Frank Olivo, the son of Mr. and Mrs. Dominick Oliva has returned to Edmonton to resume his studies in Education at the University of Alberta.

Mr. and Mrs. Arthur Graham left this week to visit their son in Kansas.

Miss Kay Leisner left this week to resume her studies at the University of Alberta.

Mr. and Mrs. C. E. Maurer and sons Chuckie, Chris and David, of El Cajon, California visited with Mr. and Mrs. A. Kwasny. While in Coleman they attended the Kwasny-Holmes wedding at High River. Mrs. Maurer is the former Wanda Kwasny.

Mr. and Mrs. L. Young, Jimmie and Myles of Calgary visited with relatives here.

Officers and members of Victoria Rebekah Lodge, observed Decoration Day on Sunday Sept. 11. Flowers were placed on the graves of departed sisters and brothers, following which the members adjourned to the home of Mrs. E. Gushul, Noble Grand, where tea was served.

Mrs. F. Friedman of Popoka is managing Freeman's store while Mr. Freeman is on holidays.

The first snow of the year fell last Friday but was gone by noon. The surrounding mountains are still covered with a heavy blanket of snow.

Rev. R. Chubb conducted Christening services at St. Paul's United Church, Sunday, September

ber 12. The children of Mr. and Mrs. H. Young were given the names Linda, Blanche, and Paul Lewis. The son of Mr. and Mrs. Y. Kimota was named David Yashio. The son of Mr. and Mrs. W. Kinnear was named Peter Campbell. The daughter of Mr. and Mrs. M. Dunford was christened Mary-Jo Verna. The daughter of Mr. and Mrs. W. Lonsbury was christened Maureen Frances Elizabeth.

The winner of the Coffee Table raffled by the C.N.P. Nurses' Association was Mrs. Emil Ukral-nets.

Classified Ads

EOR SALE - fully modern house in Carbondale, 3 bedrooms, very large living room, hardwood floors, forced air furnace. Phone 3971 or 3698. 1np

FOUND-A Wallet containing a sum of money. Owner may have same by paying for this ad, and stating the amount of money in wallet. Apply to E. Mascherin.

FOR SALE Mahogany Bedstead, 4 ft. 6 ins; 4 ft. 6 ins. No-Sag Spring; Hand Singer Sewing Machine can be converted to electric. Apply to J. M. Rushton, Main Street, Coleman. t.f.

ROOM WANTED by month by elderly gentleman from Oct 1 Apply at Journal

FOR SALE two wheel trailer with box, brand new, painted green Cash price \$40.00 Apply Ted Antkowiak, Coleman 1tp

TIRE, WEAK MEN! Get new pep at 40, 50, 60. Feel Years Younger. Try Ostrex Tonic Tablets. Invigorates both sexes. "Get-acquainted" size only 50c. All drugists.

BE A HAIRDRESSER—Join Canada's leading school. Great opportunity. Learn hairdressing. Pleasant, dignified profession. Big wages. Thousands successful Jacobson's graduates. America's greatest system. Illustrated catalogue free. Write or call Jacobson's Beauty Academy, 128A 8th Ave. W. Calgary.

- O-K
RUBBER STAMPS
PROMPT SERVICE
THE COLEMAN JOURNAL

JOE RUBBERNECK
Joe is uncomfortable in the class room. He squirms, shuffles his feet, twists, tilts his head when reading.
Joe may have an uncorrected VISUAL PROBLEM
ALBERTA ASSOCIATION OF OPTOMETRISTS.

PAY DAY SPECIALS
Good until Wednesday
★
Wabasso Pyjama Flannelette
Heavy, soft nap Beautiful designs for children or grownups Regular 65c and 68c yard
Special 59c
★ ★
Frank Aboussafy
COLEMAN ALBERTA

Engagement

Mrs. J. H. McLean of Coleman announces the engagement of her daughter, Mary Elaine, to Mr. A. C. Jorgenson youngest son of Mr. and Mrs. H. Jorgenson of Granum, Alta. The wedding will take place Saturday, Oct. 16th, at 4 p.m. in St. Paul's United Church Coleman.

CHURCH NOTES

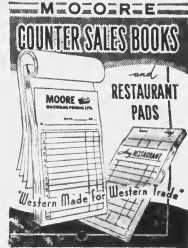
St. Albans Anglican Church
Services for Sunday, Sept. 26
Holy Communion - 9 a.m.
Evening Service - 7 a.m.
The evening service will take the form of a flower service.

The Salvation Army

Lt. H. Andringa
COLEMAN:
Sept. 28, Tuesdays, 8.00 p.m. Home League Meeting.
Sept. 23, Thursday, 8.00 p.m. Meeting of Prayer and Bible Study.
Sept. 26, Sunday, 11.00 a.m. Holiness Meeting.
2.30 p.m. Sunday School.
7.30 p.m. Salvation Meeting.
HILLCREST:
20 and 27, Monday's, 6.30 p.m. Children's Meeting.
A HEARTY WELCOME AWAITS YOU

St. Paul's United Church

Services will be held every Sunday at 10 a.m. and 7.30 p.m. until further notice.
Morning service will be continuing service by Rev. McPherson, dictated by Rev. Chubb and evening



CORRECTION

The price of Purex in Holyks Ad is in error and should read 3 for 39 rather than 3 for 30

Free Tuition

Offered by
THE ALBERTA SCHOOLS OF AGRICULTURE AND HOME ECONOMICS

- For Boys - Practical Courses in Agriculture
- For Girls - Business and Home-Making Training
- Board and Room Available at Reasonable Rates
- Valuable Bursaries Offered
- Course - Extends Through Two Winters
- Special one-year Course for Students with 70 High School Credits.
- Entrance Requirements - Age 16, Grade 8 Standing
- Term - Commences Oct. 19, Ends in Late April.

For Full Information write: THE PRINCIPAL,
School of Agriculture and Home Economics
OLDS VERMILION FAIRVIEW
or any Alberta District Agriculturist or District Home Economist.

GOVERNMENT OF THE PROVINCE OF ALBERTA
DEPARTMENT OF AGRICULTURE
Hon. L. C. Halmrast, Minister. O. S. Longman, Deputy Minister.

Let Us Fill Your Freezer

HERE ARE JUST A FEW OF THE VALUES ESPECIALLY FOR YOU!

PEAS

2 1/2 pound package each
65c

GREEN BEANS

2 1/2 pound package each
93c

CORN

2 1/2 pound package each
65c

Mixed VEGETABLES

2 1/2 pound package each
73c

SQUASH - ASPARAGUS TIPS - CARROTS

These are also available in smaller parcels at slightly higher prices.

See us also for your meat.
We always have just what you need.

GOVERNMENT STOPS CONTEST

The following telegram was received by us Wednesday morning

Your advertisement free goods sales promotional stunt is interpreted as a violation of retail code and exposes you to possible suspension of your provincial government trade license as provided under trades and business act. Must respectfully request you withdraw offer immediately otherwise I have no alternative but to recommend cancellation of your license at once. Please advise as to your withdrawal of offer to my Calgary office by return mail.

G. F. Bouchat, Code Administration
Dept. Industries and Labor

OWENS

THE COLEMAN JOURNAL

Published Wednesday at Coleman, Alberta

Authorized as 2nd-Class Mail by the Post Office Department at Ottawa

G. J. Young, Editor

T. Holstead, Publisher

Subscription Rates \$3.00 per year, Foreign \$4.00 per year, Single 7c

Come With Me And See
How Those Without Sight Are Helped

"In the history of civilization, there is no more heart-warming story than that of the growth of the services provided for those without sight. Over the years, profound changes have taken place as callous neglect gradually gave way to sympathetic care. But that was not enough. We yearned to be self-reliant, independent individuals—to be PEOPLE. We needed help, for we had to be led out of a bewildering wilderness of darkness to the place where we could assist ourselves—and others in a word, we wanted to stand on our own feet.

And this has come to pass. Every year thousands of sightless Canadians are helped on the way to useful citizenship, enjoying a not inconsiderable measure of self-sufficiency—the stepping stone to the most important point of all: the peace of mind that comes with the realization that you are not a burden any more.

This is what the Canadian National Institute for the Blind is doing. All over Canada it is helping sightless citizens find themselves; and find, too, an inner tranquility such as they once thought would never again be possible. In workshops, recreation centres, in the home, we, the sightless, are taught how to become skilled machinists, weavers, typists. Any number of occupations are open to us, because of the painstaking, patient work of the CNIB.

In recreation centres we are taught the art of relaxation, take part in competitive games, and—thanks to the great gift of Braille—we find that we can still settle back with a good book!

But—come now with me and see, through these pictures, just a few of the facets that make up activities of the Canadian National Institute for the Blind."

CANADIAN NATIONAL INSTITUTE FOR THE BLIND
406-16 Avenue, NW, Calgary, Alberta.

CLOSEST BUT NEGLECTED

Local or municipal government is "closest to the people," says The Financial Post. It furnishes our primary protection in police, fire and sanitation forces. It provides us with streets, water and sewers. It looks after much of our education. It furnishes the finest possible training grounds for the country's public servants. And yet in spite of its paramount importance in our daily lives, interest in local government is at a dangerously low ebb in most of Canada and especially in the urban centres where we are most dependent on its services.

The Citizens Research Institute has just completed a survey of the voting turnout in municipal elections in Canada. The results are alarming. For all Canada a good deal less than half of those eligible voted for the chief elective office and for some of the larger centres including Montreal and Toronto only one in three exercised their franchise. That indicates slim general interest indeed in a type of government, which in 1953 spent over \$800 millions on current account alone on behalf of the inhabitants.

Guaranteed Annual Wage

In the early years of the industrial era, a century and a half ago, the employer guaranteed the employee an annual wage. This was a form of indenture for the workers concerned—they could not change jobs without the employer's consent. In the words of Dr. Emerson P. Schmidt, Director of Economic Research of the Chamber of Commerce of the United States,—"Elimination of this approach to the problem of personal security saw a freed industry flourish and job opportunities multiply. Present pressure for a 'guaranteed annual wage' would bring a return to this outmoded method of dealing with job and income security."

Insofar as measures to provide job and income security are part of sound business practices, both workers and management will profit. But current proposals discourage rather than encourage incentives. Neither workers nor management will gain by sacrificing economic freedom for proposals that in practice will not provide security and may indeed upset the whole economy.

In an economy that is dynamic as well as free there can be no absolute stability in production or employment. Nevertheless there are practical methods for dealing with enforced lay-offs and terminations. Some approaches recommended by the Chamber of Commerce of the United States are as follows,—

1. Employee thrift and saving plans, to which workers and companies regularly contribute.
2. Repayable loans to temporarily laid-off workers, to be paid back from later earnings.
3. Retirement to pension status of senior personnel, making way for younger employees.
4. Lay-off and severance pay, scaled to years of service.
5. Genuine guaranteed work plans, involving balancing of overtime with slack periods, shifting of personnel and the like.

Watch Out For School Children,
Travel Expert Warns Motorists.

More school children are killed in motor vehicle and pedestrian accidents each year in Canada than there are die as a result of the next nine major causes of childhood death put together, Carol Lane, nationally known travel expert reported today.

In a special message to the motorists of Canada on the opening week of school, Miss Lane appealed to everyone who possesses a driver's license to conduct his own campaign to reduce motor accident fatalities and injuries among our youth.

The most dangerous hours of the day, according to the travel authority, are between 8 and 9 a.m. and 3 to 5 p.m. when children are going to and from school or leaving playground areas.

"If you're driving during those periods always remember to expect the unexpected," Miss Lane declared. "You can never predict a child's actions and it's best to be prepared for anything."

Other cautions for motorists advocated by Miss Lane, Women's Travel Director of the Shell Oil Company of Canada, include:

Drive with extra care when you see children or when you're in a school zone or residential area where youngsters are likely to be playing or crossing the streets.

Watch out for bouncing balls, children on roller skates, scooters or bicycles. Always give the child the right of way. The time you lose may save the life of a boy or girl.

For parents, Miss Lane suggested that they explain to their children the importance of obeying traffic signs and police officers.

"Impress on your children the necessity of crossing the streets only at crosswalks," she said. "Tell them to wait on the curb until the way is clear."

"Don't let your youngsters play in the streets. If there is no playground in your area, get together with the school authorities or your neighbours and arrange for a safe place for children to play."

"When we consider the shocking number of children who are so needlessly killed or injured in motor-vehicle and pedestrian accidents, it should be clear to all of us that we have an individual responsibility to be doubly alert and careful when we're driving," Miss Lane said.

YOUR CHILD'S
READING HABITS

Your child learns to see in much the same manner he learns to talk, crawl, walk and run. By the time he reaches school age he has formed his own "seeing characteristics" in much the same manner he formed his own "hearing characteristics" and his walking mannerisms.

The big difference is that anyone can spot characteristics in speech or walking, but it takes a highly trained man to observe your child's manner of seeing. This is the task of your Optometrist.

Modern schooling makes great demands on your child's vision. Your child must make the proper visual adjustments or fall by the wayside. As these adjustments are made, his reading habits (good or bad) develop.

Many factors contribute to the development of good reading habits.

1. POSTURE — sit erect, head bent slightly forward.
2. POSITION — on seat. Not on floor nor in bed.
3. PRINT — large, clear type.
4. READING DISTANCE — 12 to 20 inches.
5. LIGHTING — ample lighting, free from glare or marked contrast, shining evenly on print, without shadows.
6. REST — rest eyes after half hour.

Proper home and family environment, as well as observance of the general rules for better health, are also contributing factors.

But the greatest factor contributing to your child's reading habits is proper visual care and training from babyhood through the school years.

The parent's first responsibility is to see that the "whole" child is sent to school. Among other things, this means that the parent must take the responsibility for having the child's eyes and vision checked before sending him to the kindergarten or first grade. This should be done by your Optometrist who makes a complete visual analysis.

Leading Optometrists recommend that all children in the lower one-third of the class, particularly those with ability to achieve more than they are, be referred for visual analysis.

It is recommended further, that every child in the class, regardless of standing, who is not working up to within reasonable limits of his own capacity be referred for a visual analysis.

Following are some of the more obvious symptoms which parent or teacher can observe in the child's reading habits. Any one of these could indicate a visual problem requiring attention.

1. A dislike for reading.
2. Skipping or re-reading lines.
3. Losing place while reading.
4. Slow reading or word calling.
5. A desire to use finger as pointer while reading.
6. Avoiding close work.
7. Body rigidity while looking at distant objects.
8. Vocalizing during silent reading.
9. Complaint of letters or lines running together.
10. Holding reading closer than normal.
11. Excessive head movements while reading.
12. Confusing letters that look alike.

THEATRE NOTES

"So Big"

Suddenly orphaned and broke, Jane Wyman becomes a school teacher in a Dutch farming community. It is a life of incessant drudgery, especially after she meets and marries Sterling Hayden, a hardworking son of the soil. They have one child, whom she calls "SO BIG", and for whom she envisions a brilliant future. When Hayden dies, Jane and the boy go it alone, and she is enabled to send the lad to college to study architecture. In the gay 20's, he abandons their cherished dream and becomes a whirlwind success as a sales promotion executive, although Jane is bitterly disappointed. However, when her son falls in love with a successful painter, Nancy Olson, he realizes when Nancy turns down his proposal—that he has gotten off on the wrong track, and plans to return to his first love, architecture.

"Executive Suite"

The sudden death of the president of the Treadway Corp. brings out a parade of human emotions in the lives of ten people close to him. It is a personal blow to Barbara Stanwyck, daughter of the

company's founder and long in love with the man who has just died; and several vice-presidents—including Walter Pidgeon, William Holden and Fredric March—plunge into bitter rivalry for the presidency of the firm. Also drawn into the turmoil are June Allyson, Holden's wife, and Shelley Winters, an ambitious secretary. March shrewdly and unscrupulously takes charge, and thinks he has a clear track ahead when the directors gather in the executive suite to elect a new president. However, Holden—as a dark-horse candidate—stubbornly challenges him and in a bitter fight is designated to take over the presidency.

"The Joe Louis Story"

As Paul Stewart, sportswriter, waits for the returns on Joe Louis fight with Rocky Marciano in October 1951, he reminisces on the Detroit boy's early career when he gave up his music lessons and obtained the blessings of his mother to enter the Golden Gloves in Detroit. Louis made his professional fighting debut in 1934 and then James Edwards takes over his training and he goes on to victory after victory. Soon after coming under the management of Mike Jacobs, he meets and marries Marjorie Trotter (Hilda Simms). Louis goes on to ring fame, becomes careless with his immense earnings and becomes estranged from his wife. During the war, he enlists and tours the world boxing and refereeing before million of troops. In 1948, he retires as champion of the world, but when he makes a comeback, Louis is defeated and loses his title, his wife and his money.

Kwasny — Holmes

St. Benedict's Anglican church was the setting for a very pretty wedding on Saturday, August 14 when Barbara Janet, second daughter of Mr. and Mrs. W. E. M. Holmes of High River, exchanged nuptial vows with Mr. Stanley Wilbert Kwasny, eldest son of Mr. and Mrs. Alex Kwasny of Coleman, Alberta. Pink and white gladioli and snapdragons were altar decorations, and pews were marked with white bows and pink sweetpeas.

The ceremony was performed at four o'clock in the afternoon by Rev. Waverley Gant of Okotoks, and the wedding music was played by Miss Joyce Zelman.

The bride, who was given in marriage by her father, was lovely in a floor-length gown of Chantilly lace. The skirt opened down the centre with a scalloped edge to reveal a pleated net underskirt. Over the strapless bodice she wore a lace jacket. Her floor-length veil of illusion net was held in place by a sequin-studded tiara, and she carried a white prayer book adorned with orchid corsage and stephanotis.

Her attendants were her sisters, Mrs. Keith Phillips and Miss Virginia Holmes. The matron of honor, Mr. Phillips, wore a floor-length satin frock of blue with nylon net overskirt, and net stole. Miss Virginia wore a similar dress

and stole in rose shade. Both wore head circlets to match their gowns, and their bouquets were carnations, and daisies.

Mr. Henry Kwasny, brother of the groom, was groomsman, and the ushers were Mr. George Slesca of Calgary and Mr. Keith Phillips of Cayley. During the signing of the register, Miss Laura Holmes of Calgary, aunt of the bride, sang a beautiful old hymn "Oh Father All Creating."

A reception for about ninety guests was held in the Memorial Centre, with the parents of bride and groom assisting the bridal party in the receiving line. Mrs. Holmes, mother of the bride wore navy taffeta with white and navy accessories and a corsage of peach Pinocchio roses. Mrs. Kwasny also wore navy with white accessories and pink rose corsage.

The bride's table was centred with a three-tiered wedding cake nesting in tulle, and flanked with white tapers. The guest tables were centred with sweetpeas.

Dr. York Blayney proposed the toast to the bride with the groom making suitable response. Mr. Henry Kwasny proposed the toast to the bridal attendants, and read telegrams of good wishes from relatives in the north.

Tips on Touring

By Carol Lane
Women's Travel Authority

The wise woman driver who looks fresh and crisp at the end of a day's drive tricks up her sleeve—and in has a number of the glove compartment of her car, too.

The problem of keeping fresh while driving is half-solved before you step on the starter if you follow a few basic rules. First, have the inside of your car clean. Brush the dust and dirt from the front seat and floor with a whisk broom (keep one in the glove compartment) and run a tissue or piece of cheesecloth around the steering wheel, over the gear shift lever and the dashboard.

Carry Cosmetic Case
I always carry my cosmetics in a little case which fits in the glove compartment where it's convenient for giving the face a final check in the sunshade mirror. Reaching a small kit in the glove compartment is easier than fumbling around in a hand bag for face tissue, lipstick or hand lotion.

Freshness and comfort go hand in hand. So remember to carry a pair of low-heeled shoes, not only for driving comfort but also to protect your good shoes from dust and scuffing. And there's no reason to be caught short by sudden squalls and rainstorms;

NEW FALL ARRIVALS

Just arrived, the latest in
Fall Fashions in LadiesCoats and
Dressesfeaturing the latest materials,
shades and styles by
leading craftsmenSee our selection of
SWEATERS

We offer You the latest in sweaters fashioned by

Grand Mere
and
St. Michaels

FREEMAN'S LTD.

"The Store of Quality"

Phone 3671

Coleman, Alta.

Dial 3703

PARKS

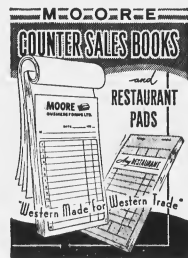
Prompt Delivery

Sugar 10 pounds	-	99	Glace Cherries half pound	35
Milk 6 tins	-	99	Currants 2 pounds	49
Rasp Jam Pure 4 lb	-	99	Dates 2 pounds pitted	49
Dads Cookies 2 packets	-	49	Shredded Wheat 2 for	37
Oat Cakes Marvens	-	27	Corn Flakes giant 2 for	53
Sodas 2 pound box	-	65	Puffed Wheat Quaker 2 for	35
Perky Dog Food 5 tins	-	59	CAMPBELLS SOUP	
Peanut Butter squirrel 24 oz	59		Vegetable 4 tins	59
Miracle Whip quart	-	89	Chicken Lines 4 tins	79
			Scotch Broth 4 tins	79
FROZEN FOODS				
Strawberries	45		Ice Cream brick	32
Raspberries	43		Blueberries	49
Peas Scone	27		Orange Juice 2 tins	
			Lemon Juice, tin	27

C.B.C. Programs Daily

7.—CBC News. 7.15 Sports. 7.55 Family Worship. 8.00 CBC News. 8.10 Weather. 8.15 Singalong. 8.45 Betty Tomlinson. 8.55 Ruth Harding. 9.00 BBC News. 9.15 Aunt Lucy. 9.30 Laura Limited. 9.45 Morning Devotions. 10.00 CBC News. 10.03 Timely Tunes. 10.15 Elmwood Clover. 10.45 Musical Program. 11.00 Variety Paps. 11.30 Road of Life. 11.45 Rosemary. 12.00 CBC News. 12.45 Western Rhythms. 1.00 Guiding Light. 1.15 Ma Perkins. 1.30 Pepper Young. 1.45 Right to Happiness. 2.00 CBC News. 2.03 Concert. Hour. 2.30 Trans-Canada Matinee. 3.15 Sles-ta Time. 4.00 At The Keyboard.

Monday:
4.15 Tempo for Two. 4.30 Pobble from Pluto. 4.45 Child's Guide to Spuzzum. 5.00 Just for Juniors. 5.15 Chansonnets. 5.40 International Commentary. 5.45 CBC News.



GRAND UNION HOTEL

Hot and Cold Water
in all Rooms

Coffee Shop in Connection

A. WILSON, manager.

BUILDING CONTRACTORS

Builders'
Headquarters

Celli's Building
Supplies

FOR TOPS IN Repairs & Service

See

Pete's White Rose

Your safety sticker head
quarters

T. B. NORTHFIELD optometrist

will be at
**BLAIRMORE
PHARMACY**
FRI. OCT. 1

Appointments may be made
at the
BLAIRMORE PHARMACY

Weather. 6.00 International Con-
cert. 7.00 CBC National News. 7.15
News Roundup. 7.30 Summerfal-
low. 8.00 Report from the Prov-
inces. 8.15 Distinguished Artists.
9.00 Bob McCullin Show. 9.30 Let's
Square Dance. 10.00 CBC News.
Weather. 10.15 Club Date. 10.30
Guest Appearance. 10.45 Three
Minstrels. 11.00 Glen Bjarnason.
Sports. 11.15 Musical Program.
11.30 Melodic Moods. 11.57 CBC
News. Weather.

Tuesday:
4.15 Barney Potts. 4.30 Music
Picture Lady. 4.45 Sleeptime Story
Teller. 5.00 Just for Juniors. 5.15
The Lennicks. 5.40 International
Commentary. 5.45 CBC News.
Weather. 6.00 Fighting Words.
6.30 This Is Radio. 7.00 CBC Na-
tional News. 7.15 News Roundup.
7.30 Leicester Square. 8.00 So To
Speak. 8.15 Canadiana. 8.30 Music
from the Pacific. 9.00 Let's Make
Music. 9.30 Chilcote Trails. 10.00
CBC News. Weather. 10.15 Joyce
Sullivan. 10.30 Ragtime Rhythm.
11.00 Glen Bjarnason. Sports.
11.15 Pop Concert. 11.30 Melodic
Moods. 11.57 CBC News. Weather.

Wednesday:
4.15 What's New? 4.30 Kerry
Wood. 4.45 Two Boys in Banff.
5.00 Just for Juniors. 5.15 Con-
tinental Carousel. 5.40 Interna-
tional Commentary. 5.45 CBC
News. Weather. 6.00 As They Saw
It. 6.15 Best of All. 6.45 Introduc-
tion to Wednesday Night. 7.00
CBC National News. 7.15 News
Roundup. 7.30 Recital. 8.00 Com-
monwealth Composers. 9.00 Col-
lege of Organists. 10.00 CBC News.
Weather. 10.15 St. George's Ca-
thedral Choir. 11.00 Glen Bjarn-
ason. Sports. 11.15 Musical Pro-
gram. 11.30 Melodic Moods. 11.57
CBC News. Weather.

Thursday:
4.15 As Tunes Go By. 4.30 Time
for a Story. 4.45 Camp Wilderness.
5.00 Just for Juniors. 5.15 The
Lennicks. 5.40 International Com-
mentary. 5.45 CBC News. Weather.
6.00 Toronto Prom. 7.00 CBC Na-
tional News. 7.15 News Roundup.
7.30 Eventide. 8.00 Footloose. 8.30
Midweek Review. 8.45 Cal Jack-
son. 9.00 Vancouver Strings. 9.30
Tapscott Chorus. 10.00 CBC News.
Weather. 10.15 Jimmy Shields
Show. 10.30 Winnipeg Drama.
11.00 Glen Bjarnason. Sports.
11.15 Pop Concert. 11.30 Melodic
Moods. 11.57 CBC News. Weather.

Friday:
4.15 Fred Hill. 4.30 My Ship-
mate Jimmy. 4.45 Wake of the
West Wind. 5.00 Just for Juniors.
5.15 Folk Songs Time. 5.40 Inter-
national Commentary. 5.45 CBC
News. Weather. 6.00 Bill Good.
6.15 Prairie Showcase. 6.30 Songs
of My People. 7.00 CBC National
News. 7.15 News Roundup. 7.30
Curran Melodies. 8.00 Spain. 8.15
Old Acquaintance. 8.30 Vancouver
Theatre. 9.00 Thirty for George.
9.30 CBC Sports Page. 10.00 CBC
News. Weather. 10.15 The Rhythm
Pals. 10.30 Negro College Choir.
11.00 Glen Bjarnason. Sports.
11.15 Musical Program. 11.30 Hot
Air. 11.57 CBC News. Weather.

Saturday

9.30 Stamp Club. 9.45 Stu Davis.
11.00 Opera. 3.30 Sports College.
5.00 Sons of the Saddle. 6.30
Prairie Schooner. 7.00 Denny
Vaughan. 7.30 Saturday Play-
house.

Is your child in the lower class
ratings? Faulty vision may be the
cause. Be sure your child sees well
to learn well.



A Public Education Service of
THE HEALTH LEAGUE OF CANADA
111 Avenue Road, Toronto 5,
in co-operation with this newspaper.

All questions submitted are answered anonymously
by members of the medical advisory board or
special technical sections of the HEALTH LEAGUE.

Limp and Soggy

It seems to be an old Anglo-Saxon tradition that meat is to be eaten with pleasure and vegetables out of a sense of duty. The late, long-lived George Bernard Shaw may have felt that his being a vegetarian had something to do with his longevity, but if he had to subsist on the kind of vegetables so often served in non-vegetarian homes and restaurants, one wonders why he wasn't bored to death at an early age. Perhaps his famous wit and venturing intellect were developed in self-defense, which enabled him to live on in spite of being a vegetarian.

QUESTION: "At the restaurant where I eat my lunch there is a sign which very properly reminds me to eat my vegetables for health, but the carrots, beets, string beans, etc., which are served me have not only been pre-cooked at the cannery but re-cooked at the beanery until they are watery, limp and tasteless. I am not finicky, and if it will do me any good I am willing to be a soldier and take my medicine, but I suspect that such vegetables are vitaminless as well as tasteless. Right?"

ANSWER: Yes.

"Base for Cocktails"

Following is a question that was bound to come in sooner or later. If the Question Box were intended to be a medium of propaganda, the question would have been slipped discreetly under the desk blotter to be eased unostentatiously, months later, into the waste-basket. The policy of the Question Box, however, is to answer honest questions honestly and let the chips fall where they may. It should be remembered that the answer is based on the extremely moderate drinking pattern referred to in the question, and would not apply to "heavy" drinking.

QUESTION: "I drink very little but occasionally I go to a party where cocktails are in order, and I do enjoy one or two. I have been told that eating certain foods before going to such a party gives you a 'base', so that you can enjoy a drink without any ill-effects. I drink so seldom that I get a little giddy from one drink. What foods should I eat to get the right 'base'?"

ANSWER: By getting the right 'base' you actually mean having the right foods in your stomach to slow down the rate of absorption of alcohol. Fatty foods are most effective. This is the basis of the old idea of drinking a small amount of olive oil before going to a drinking party. Fatty Hors d'oeuvres such as sardines, sausages, etc., would be fairly effective.

The early explorations of the Health League Artificial Respiration Committee created an upsurge in some circles. The Committee was formed not to teach methods of artificial respiration (this is being done satisfactorily by other organizations) but to study the potentialities and the "whys" of artificial respiration. The Committee found itself in a field that was and still is rather new and still is rather uncharted. The statement of the child who was later revived, plus the awakening knowledge of the fact of laryngeal spasm, made it evident that the occurrence was entirely accidental. It is not known how many innocent persons have gone to the gallows because of a misinterpretation of laryngeal spasm.

QUESTION: "If a drowning victim has laryngeal spasm, can he be revived by artificial respiration?" What causes laryngeal spasm? Is it very common?

ANSWER: Laryngeal Spasm does occur in a certain percentage of drownings according to observations made by Banting and others in Toronto. When this does occur artificial respiration may not be successful unless the airway is cleared or the spasm relieved. Physicians are aware of the possibility of spasm and can deal with it. Unfortunately they may not arrive at the scene of the accident in time. The spasm is said to be reflex in nature. It is not known how common it is. Artificial respiration in any case offers the only hope of saving life.

Your child's vision is precious — protect it.

Nearly all your child knows comes to him through his eyes. Make sure he sees well to learn well.

School demands much from your child's eyes. Make sure he can see well to learn well.

To see is to live. But to see well is to live better. Make sure your child sees well so that he can learn well.

Poor vision affects your child's mental growth. Make sure he sees well so that he can learn well.

Poor vision affects a child's personality. Make sure your child sees well — to learn well.

— O —

RUBBER STAMPS
PROMPT SERVICE

Just Arrived

FALL and WINTER SAMPLES
of
Ladies and Gents Made-to-Measure Suits
Come in and Look These Over Now
Coleman Cleaners & Tailors

OWEN DISTRIBUTING

Lethbridge Alberta

LONG DISTANCE MOVING
Agents Allied Van Lines

Lethbridge Phone 2904 and 3011; Coleman; 3842

Paint Headquarters

come and see us for your Paint requirements

KEM-GLO SUPER KEM TONE KEM TONE
KWICK-WORK RUBBER ENAMEL

CELLI'S BUILDING & SUPPLIES

Phone 3731

Coleman

A COMPLETE TIRE SERVICE

we offer you a COMPLETE TIRE
Service from Vulcanizing to New Tires
we can assure you complete satisfaction
in any tire needs

SLIM'S TIRE SHOP

Telephone 3749

Coleman, Alta.

KANANASKIS SERVICE STATION

British American Oil and the new
Super 88 and 98 Gas

Goodyear Tires — Nash Dealer
A complete Lubrication and Ignition
Service

Open 8 a.m. to 10 p.m. Daily
Dial 3810 Proprietor Jack Nelson
Located on the No. 3 Highway at the Entrance to the
Kananaskis Highway in Coleman.

C. B. WILSON INSURANCE AGENCIES

Fire - Life Automobile Casualty
INSURANCE

PHONE 3771

COLEMAN

Change of Management offering increased service

We wish to announce that we have taken over Gib-
sons Texaco Service offering the well known TEXACO
products. In addition to the regular Service Station fac-
ilities such as lubrication and tire repairs we offer you

Expert Car Repairs

Firestone Tires And Batteries
Open from 7 a.m. to 11 p.m. daily

Little Chief Service

Bill Fraser and John Kovacic



THE MOTORDROME

Phone 3645 — — — — — J. WILKIE PROP.

Shop at home

Roxy Theatre

A Famous Players Affiliate

COMING ATTRACTIONS

Thursday and Friday, September 23-24

"SO BIG"

(DRAMA)

Jane Wyman — Sterling Hayden

One of the Great Human Classics of Literature... Becomes an Enduring and Tender Motion Picture... With Jane Wyman in Her Greatest Role... The Movie That Is Destined for Acclaim and Praise.

Saturday and Monday, September 25-27

"EXECUTIVE SUITE"

(DRAMA)

William Holden — June Allyson — Barbara Stanwyck — Fredric March — Walter Pidgeon — Shelly Winters. The Greatest Star Cast in Movie History... Assembled in One Compelling Drama... The Story of Ten People Whose Lives Are Thrown Into Turmoil... By Greed and Hate... Loyalty and Fear... Sorrow and Envy.

Tuesday and Wednesday, Sept. 28-29

"THE JOE LOUIS STORY"

(BIOGRAPHICAL DRAMA)

Coley Wallace — Hilda Simms

The Fabulous Fighting Career of the Detroit Brown Bomber... He Lost His Wife, His Title and His Money... But Joe Louis Found Himself... The Moving Story of a Detroit Boy Who Gave Up Music to Become The World's Greatest Fighter.

FALL & SCHOOL DAYS ARE BOTH HERE!

keep your family healthy with

Neo-Chemical Food

N.C.F. 24 day size	\$1.55
72 day size	\$3.35
144 day size	\$5.90
N.C.F. Capsules 25 day	\$1.65
50 day	\$2.95
125 day	\$6.60



COLEMAN PHARMACY

COLEMAN SPORTS ASSOCIATION DUES ARE NOW PAYABLE



Membership Dues for the Coleman Community Sports Association are now due. Canvassers will be out this weekend covering the business section

Those men working out of town and whose families will be using sports facilities here may mail their membership or give it to Lor Richards Ray Spillers or George Jenkins

Board of Trade Seeks New Provincial Jail

In an effort to locate some industry or business in Coleman to give the area a balanced economy, Coleman Board of Trade have joined in the quest to have the proposed provincial jail located here.

J. R. Hill, board president, mailed the following letter to Honorable Lucien Maynard, Attorney General, presenting Coleman's case.

Dear Sir:

Prompted through comments appearing in the newspapers and at the request of the Coleman Board of Trade Members, we are writing to you for the purpose of having you give this area your earnest consideration before plans are finalized for the construction of the proposed Provin-

cial Gaol at Chestermere Lake.

Early this Spring, a delegation from Coleman was given a sympathetic and favourable reception by the Honorable Premier Ernest C. Manning, at which briefs were presented, urging the Government to use all possible influence and lend assistance to a declining coal industry and the plight of three hundred and twenty-two displaced miners here.

Your Government is to be commended on the interest displayed and the steps taken, however, even with the generous allocation of \$100,000 to be utilized in the rehabilitation of miners in Alberta, a critical situation still prevails at Coleman.

Today we find many existing on the proceeds of Unemployment Insurance, property

Values are depreciating and higher education, through lack of adequate financing will be denied to our students.

With our coal reserves, an abundance of water and several sites to choose for the proposed institution, we suggest to you, construction of

the new Provincial Gaol at Coleman could relieve an unemployment situation as well as create a new coal market.

Mr. Ferguson, the Chairman of the Miners Rehabilitation Committee, who investigated for the Department of Economic Affairs, is cognizant of the

problems confronting Coleman. Premier Manning, we feel certain, would add his wholehearted support and endorse our recommendation for the Provincial Gaol in this area.

Situated as we are with approaches only from the East

and West, we feel confident our suggestion merits your consideration and we trust present plans have not advanced to the stage our location will be dismissed without thought.

Yours very truly,
J. R. Hill, President.

I.B.C. Graham
Wafers pkg. .35

Christies Graham Wafers
pkg. .33

Ry-King Crisp
Bread, pkg. .33

Vita-Wheat
Biscuits, Peek
Freans, pkg. .25

Ginger Snaps —
Christies Midget
pkg. .35

Sodas — Salted or
plain 2 lb box .65

Sodas — Salted or
plain 1 lb box .37

ASSOCIATED GROCERS LTD
SERVICE QUALITY

J. M. Allan
Where PRICES ARE LOW Phone 3617 Where QUALITY IS HIGH

PRESERVING PEACHES, PEARS and PRUNES

LAST CALL THIS WEEK — GET THEM NOW

B.C. ELBERTA PEACHES, Fancy — per case	\$2.89
B.C. HALE PEACHES, Fancy — per case	\$2.99
B.C. BARTLETT PEARS, Large Sizes — per case	\$5.95
B.C. PRUNE PLUMS — per case	1.89

SWEET GERKIN PICKLES—
Dysons, 12 oz. Jar .45

PICKLED PEPPER — Torrido
Hot, 12 oz. Jar .45

SWEET MIXED PICKLES —
Dysons, 12 oz. Jar .39

SWEET ONION PICKLES —
Dysons, 12 oz. Jar .59

HORSE RADISH —
Woodmans — Extra quality
6 oz. Jar for .45

CHILI SAUCE — Heinz's
Always good, per bottle .49

PUREX TOILET ROLLS
3 large Rolls .39

Aluminum Foil Wrap —
Handy in the Kitchen
25 feet for .35

KLEENEX — Pocket Size
Package .5 — Carton of
12 packages .59

PERKY DOG FOOD —
10 tins \$1.23 case 48 \$5.50

Dr. Ballard's Variety Dog
Biscuits, per pkg. .39

MATCHES — Eddy's Silent or
Red Bird, pkg. .31

CLOTHES PEGS — Spring
Style, pkg. of 36 for .33

IVORY SOAP SPECIAL —
Personal Size, 4 bars .26

SOS Scouring Pads — New
large pkg. of 10 for .29

EMERY CLOTH —
6 asstd. sheets for .25

Fel's Naptha Soap Chips
The Golden Chips pkg. .49

BLUE CHEER SPECIAL —
Almost cleaned up, 20c off
reg. price, giant pkg. .69

Johnson's Glo-Coat Special

Stock up NOW — Limited Supply
Left

QUART TINS and 20 PER CENT EXTRA FREE !

Regular GLO-COAT	per tin \$1.10
Hard Gloss	tin \$1.13

SWIFT'S QUALITY PRODUCTS



Makes all baking easier and quicker
Per Pound .37

ALLSWEET MARGARINE 2 lbs. 79

PREM 2 tins - .95

JEWEL SHORTENING Lb. - .31

PARD DOG FOOD 2 tins .29

SWIFT'S CLEANSER 2 tins .35

Strawberry & Rhubarb Jam
Murray's — New Pack
4 lb. tin .93

Dads Coconut
Pantry Pack
Per pkg. .40

Dads Oatmeal
or Coconut
2 doz. pkg. .27

Cheese Ritz
Biscuits — Christies, pkg. .27

Plain Ritz Biscuits — Christies
pkg. .23

Plain Ritz Biscuits — New
large pkg. — for .43

Holland Rusks —
Hermans
pkg. .35

Iceland Wafers
Vanilla or asstd.
pkg. .55

Lemon Cheese, Nabob — It's
a treat on toast,
10 1/2 oz. Jar .33

Sandwich Spread — Miracle
Whip, 16 oz. Jar .57

Cheese Whiz, for fast cheese
treats, Krafts, 8 oz. jar .40
16 oz. jar .73

Salad Dressing — Miracle
Whip, 8 oz. Jar .31, 16 oz.
jar .55

Mayonnaise, Kraft Dressing
16 oz. Jar .65
Something Better

PEANUT BUTTER, Squirrel
16 oz. Jar .45

JEFFY PAPER TOWELS
Large Roll .25

White Table Napkins —
Dispenser pkg. —
2 pkgs. of 60 for .25

WAX PAPER —
For the Buckets
heavy quality .. box .35
Refills for same .29

TOMATOES — Vanity Fair
choice, 20 oz. tins, 2 for .45

PEAS — Mighty Mammoth
Fancy 20 oz. tins, 2 for .49

Corn — Cream Style
'Goodness Me'
Fancy 20 oz. tins, 2 for .45

Wax or Green Beans, Goodness Me, fancy, cut 20 oz. tins, 2 for .49

Pork and Beans — Libby's
Deep Browned —
20 oz. tins, 2 for .53

Peas and Carrots — Mixed
Choice, Taste Tells. 15 oz. tins for .19

SAUER KRAUT—Libby's
fancy, 15 oz. tins, 2 for .37

PUMPKIN, Goodness Me
Fancy, 28 oz. tins .25

SOAP SPECIAL Lux Toilet — Reg. Size, 3 for .. .27	SOAP SPECIAL Lux Toilet, Bath Size, 2 for27	SOAP SPECIAL Woodbury Facial Reg. sz., 4 for .33	SOAP SPECIAL Odex, the health soap. Reg. size — 2 for15	SOAP SPECIAL Palmolive Soap— Reg. sz., 4 for .36
---	--	--	--	--

GUM — Spearmint and Doublemint box of 20 packages for	99c	LICORICE ALLSORTS — Old Country, fresh shipment just in 1 lb cello bag	39c
--	-----	---	-----